

## Childbirth Classes

The physicians and staff at University Women's Care understand that childbirth is one of the most important events you will ever experience. Whether it's your first, second or third baby our goal is to ensure a satisfying birth experience.

**Our free classes for mothers and their support partners are taught by certified Lamaze Educators** to help guide you through the birth experience. Classes meet for four consecutive weeks at both Wiser Hospital and at University Physicians Grants Ferry. **Express Childbirth Class** is a shorter version of our four-week class and is offered periodically throughout the year. Call for more information.

### Childbirth Class topics include:

- ❖ Labor and birth
- ❖ Comfort techniques (including relaxation and breathing techniques)
- ❖ Birth options and medications
- ❖ Pain relief and management options
- ❖ Infant feeding options, including breastfeeding
- ❖ Understanding newborns
- ❖ Postpartum care

The class will include a tour of Wiser Hospital.



Space is limited so please register early and plan to attend a class before your seventh month of pregnancy. **Register online at [umhc.com/women](http://umhc.com/women) or for more information call 601.984.BABY (2229).**

Participants should bring two pillows to each class.

**Classes held in Wiser Hospital** will be in the classroom across from Wiser Bistro on the ground floor. Please park in Garage B and bring your parking ticket to class for validation.

**Classes at University Physicians Grants Ferry** are held in the Community Room, which is on the right when you enter the building.

## Breastfeeding Classes

**Experts agree that breast milk provides babies with the best nutrition for optimal health and well-being.** Deciding how to feed your baby is one of the most important decisions you can make as a mother.

The breastfeeding class at Wiser Hospital provides an opportunity for mothers to learn the most current information and techniques for a successful breastfeeding experience.

### Breastfeeding Class topics include:

- ❖ Benefits of breastfeeding
- ❖ How breastfeeding works
- ❖ Getting off to a good start by rooming in with your newborn
- ❖ Breastfeeding after returning to work
- ❖ Breast pumps
- ❖ The Mississippi Breastfeeding Law



This free one-hour class meets on the first Wednesday of each month at noon at Wiser Hospital. You are invited to bring a lunch and a friend or support person. Registration is required. **Register online at [umhc.com/women](http://umhc.com/women) or for more information call 601.984.BABY (2229).**